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MOOSEHEADS TAKE CARE OF BUSINESS AT HOME AGAINST GATINEAU OLYMPIQUES

PAGE 21

Atlantic ditty

From Old Man Luedecke to the Barra MacNeils, Nova Scotian artists take top honours at East Coast Music Awards

PAGE 6

For when you gaze long into the abyss ...

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PAGE 16



IS SPRING FINALLY IN THE AIR?

People take advantage of the beautiful weather in Halifax Sunday, strolling along the shore at Point Pleasant Park. Temperatures reached a high of 6 C and are forecast to be warm all week. JEFF HARPER/METRO

'A deliberate act': Police

Child porn. RCMP say multiple victims in exploitation case

Current status

The teen has been released to the custody of his parents on conditions, and is due in Truro youth court April 14.

A 15-year-old boy faces charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cell phones from a home near Truro.

Colchester District RCMP say they received a call from the public Friday and officers went to a home in central Onslow, seizing electronics believed to store evidence. The 15-year-old was arrested at the scene.

"We don't believe this is an accidental thing where a mistake was made," said Cpl. Addie MacCallum. "We believe this was a deliberate act."

He wouldn't release any details on the victims, such as the gender, but said there are "more than one" between 12 and 18 years old who are from Nova Scotia.

MacCallum said police are in the early stages of their investigation, and may lay more charges, such as the production of child pornography.

"It's a very delicate situation because we are still looking at what we have for evidence, who else could possibly be involved in this, if there are other victims or witnesses, or accused," MacCallum said.

This type of incident where a teen faces child-porn offences is "not a common thing," MacCallum said, but he's noticed an increase in the last few years with social media.

"You're dealing with a very vulnerable segment of the population. They're highly at risk to being exploited," MacCallum said. **HALEY RYAN/METRO**



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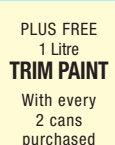
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Family, friends walk to remember Rehtaeh

Still more to be done, some say. Over 100 people come together to mark anniversary of teen's death

SCOTT
MACINTOSH
halifax@metronews.ca

Over 100 supporters braved the chilly, wet weather in Cole Harbour on Saturday afternoon in a walk to remember Rehtaeh Parsons and bring awareness to sexual violence.

Parsons attempted to take her own life one year ago Saturday, later dying in hospital. Her parents say this came following months of bullying after a photo of her alleged rape was circulated around school.

Susan Rebecca was a friend of Rehtaeh, and said educating her peers on the situation has been a problem in her school.

"I had to talk with the principal and even have a couple



Leah Parsons leads a memorial walk for her daughter Rehtaeh, inset, in Cole Harbour on Saturday.
MITCH WARD/THE CANADIAN PRESS; INSET: FACEBOOK

of meetings to change around my signs because they didn't allow what I had on it, which I thought was very disrespectful because I'm just trying to bring awareness and remember Rehtaeh," Rebecca said.

"I just keep approaching

them (school staff) and let them know it's not something I'm going to forget about."

Sara Jane Corke is a close friend of Rehtaeh's mother Leah Parsons. Corke said more needs to be done to stop this sort of crime happening again.

"I cannot say that I'm happy with what we've accomplished in the past year. I'm still very upset with the performance of the police department in this case," Corke said.

"I think the report from the hospital did have some positive

Quoted

"Children just really need to know that no means no, before they're teenagers and before they get to the alcohol stage of their lives."

Audrey McGowan, who attended the walk Saturday

impact and I hope the situation will change there," she said about the review into the IWK Health Centre's programs and counselling supports.

The walk began at Cole Harbour Place and continued down Portland Street, ending up at Woodlawn United Church.

Leah Parsons explained to the crowd they had chosen the route because it started beside Rehtaeh's original high school (Cole Harbour High) and ended near Prince Andrew High, the school Parsons attended at the time of her death.

Dartmouth

Man faces charges in weekend B&E

Police say a Dartmouth man has been arrested in connection with a weekend break and enter. A Farrell Street resident awoke around 2:30 a.m. Sunday to find a man in his bedroom. The suspect fled with a wallet and some jewelry. Police say a 29-year-old man faces charges. **METRO**

North Preston rapper shot dead in Toronto

A rapper originally from North Preston has died after being shot several times in his car in downtown Toronto.

Police say Shmar Parris, 25, was found early Friday morning with multiple gunshot wounds and later died in hospital.

Investigators say Parris's family has told them he was a rapper who went by the name of Murda Marz.

Police say Parris lived in Toronto, although his Facebook page lists his hometown as North Preston, Nova Scotia.

Officers were called after getting reports of gunshots, but while on the way, they were called to the scene of a collision a few blocks away.

Parris was found in his bullet-riddled car at the collision scene.

Investigators believe he was involved in an altercation with someone in an SUV shortly before the shooting.

A light-coloured SUV was seen fleeing the area afterwards, headed west.

A passenger in the victim's car is believed to have made her own way to hospital with a non-life-threatening gunshot wound.

THE CANADIAN PRESS



North Preston rapper Shmar Parris, a.k.a. Murda Marz TWITTER



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1 NEWS

Bear-sprayed in their own backyard

Cole Harbour. Couple raising alarm after random attack on good-natured family dogs



RUTH DAVENPORT
ruth.davenport@metronews.ca

A Cole Harbour couple is warning other dog owners that the miscreants who walk around with illegal weapons won't stop at using them on other humans — they'll use them on a beloved family pet, too.

Doug Snow and Christine Rawding say their two Huskies were attacked with what appears to be bear spray early on March 29 during a routine bathroom break in their fully-fenced backyard.

"It's so infuriating, and so unfair for something to happen to these guys," said Rawding as two-year-old Kodah and nine-month-old Lexi roamed amiably around the living room. "They can't do anything about it."

Rawding's partner had let the dogs out around 3 a.m. and a few minutes later, a visiting friend noticed the dogs — Kodah in particular — acting strangely.

"(Kodah) was rubbing his face in the snow like crazy and making weird sounds," said Snow. "He came in and went to his bed and was really smashing his face into it."

Kodah's face was covered in an orange substance that Snow tried to wash off in the bathtub. By the end of that ordeal, the dog's eyes were swollen shut and Snow was in bad shape as well.

"I was destroyed," he said. "My face was burning, my eyes were burning, my nose was running, I was sneezing and coughing."

Footprints in the snow along the fence suggested someone had stepped up to the chain link and sprayed the dogs on the other side, hitting Kodah full in the face.

Rawding said she called police when she returned home from work around 7 a.m. The responding officer confirmed the lingering fumes in the house were from some kind of sensory irritant, but said there was no way of finding the culprit.

"She said they could have tracked them if they'd got here right away," she said. "So that's the main thing I want, people should know you have to call the cops right away. We never thought to, and just a few hours later, there's nothing they could do."

Kodah spent a day unable to open his eyes, and was subdued in the yard for a few days after that, but has since recovered.



Christine Rawding of Cole Harbour sits with two-year-old Kodah, left, and nine-month-old Lexi. Kodah is now fully recovered from an apparent bear-spray attack in his own backyard that left his eyes swollen shut for a day. RUTH DAVENPORT/METRO

Quoted

"We figure it was just some drunk person who walked by and decided to spray some dogs."

Doug Snow, dog owner

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Cape Breton man hit, killed by car driven by girlfriend: Cops

Police say they're looking into whether charges will be laid after a man hit by a car died in a Halifax hospital on Saturday.

The 26-year-old man, whose name has not been released, died as a result of injuries sustained during the incident on March 30 in Glace Bay.

Cape Breton police were called to the scene shortly after 9 a.m. last Sunday.

The driver, who police have confirmed was the victim's girlfriend, did not remain at the scene after the collision. Police aren't commenting on

Charges pending?

Cape Breton Regional Police Staff Sgt. Kevin Dowe wouldn't comment on whether charges were pending in the case.

whether it was a hit-and-run until the investigation is complete.

The vehicle was located later that day and the woman, 26, was arrested shortly after the incident. She was released from custody without charges last Wednesday.

Cape Breton Regional Police Staff Sgt. Kevin Dowe said in an interview Sunday they are working to determine if there's enough evidence to proceed with a charge.

Dowe says police aren't looking at the situation as an accident. He says that based on the evidence investigators are seeing, it could be a crime, but that won't be determined until the investigation is complete.

"No one has been charged at this time, but the matter remains under investigation," he said. **CHRISTINE BENNETT/FOR METRO**

Digby County

Police say fire at former fish plant suspicious

An abandoned fish plant in Digby County has burned to the ground in what RCMP are calling a suspicious fire.

Police and firefighters responded to the Freeport fire at about 1:30 a.m. on Sunday. The structure was completely engulfed in flames when they arrived.



The fish plant engulfed by flames. DIGBY COURIER

Police say the fire is suspicious because the building did not have power and there

were no threatening weather conditions. No injuries have been reported. **METRO**

Warship had six punctures after tugboat crash: Report

HMCS Athabaskan. Series of incidents took place while destroyer was under tow after \$21.7 million retrofit

A navy destroyer was left with six punctures when a tugboat crashed into it, and then four lines snapped one after another as the warship was being towed from Ontario to Nova Scotia, a military report says.

Details of the collision and subsequent line ruptures are contained in an investigation of HMCS Athabaskan's tow to Halifax after it underwent a \$21.7 million refit in St. Catharines, Ont.

The series of incidents took place between Boxing Day and Dec. 30 of 2012 in the Gulf of St. Lawrence and off the coast of Cape Breton.

The May 2013 report, obtained under access-to-information law, says the punctures require 18 square metres of steel to be replaced. Another 711 square metres of the ship needs fresh hull coating because the broken lines

rubbed against the vessel, while rails, stanchions and a smashed sonar operator compartment window also have to be replaced, the report says. The military says some of those repairs have been completed.

The report says the Defence Department was invoiced about \$546,000 for a second tugboat company to complete the tow from Sydney to Halifax, on top of the \$707,000 the department has been billed for the initial leg of the journey.

Investigators say one of the two tugboats involved in the operation suddenly lost power in the Gulf of St. Lawrence between Sept.-Iles, Que., and the Magdalen Islands on the morning of Dec. 26 when an air leak caused the clutch to disengage.

A diagram in the 41-page report shows HMCS Athabaskan continuing forward, striking the Ocean Delta tugboat. The tug then spins around, striking the navy ship along one side while its fenders "burst as a result of the force exerted on them during the collision," the report says.

The six punctures all occurred between three to four metres above the waterline, the investigation says.

The report says a second tugboat took control of the towing while repairs were carried out on the Ocean Delta, and HMCS Athabaskan was then towed to Sydney.

On Dec. 28, the tow to Halifax resumed. Then, over the



HMCS Athabaskan passes Georges Island as it heads out of the harbour in Halifax on Jan. 14, 2010. ANDREW VAUGHAN/THE CANADIAN PRESS

Costly repairs

The navy declined to make someone available for an interview. But Defence Department spokeswoman Tina Crouse said in an email the repairs would cost approximately \$2 million.

Quoted

"An incident like this due to a mechanical problem doesn't happen often, but it can happen. We have to learn from what happened, but it's not a problem of experience in this kind of operation."

Philippe Filion, a spokesman for Ocean Group, the parent company of a subsidiary that owns the tugboats involved in the HMCS Athabaskan tow.

nel onto the drifting ship to secure a new line, which was done early on the morning of Dec. 29.

That tow line snapped about five hours later, and then a mooring line was used to continue the tow. But that line also broke a few hours later, and another mooring line was attached.

On Dec. 30 at about 3:40 a.m., that line broke. A third mooring line was then attached to HMCS Athabaskan to return it to Sydney.

THE CANADIAN PRESS

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N.S. artists take top honours at East Coast Music Awards

Week-long gala. Bluesosers win for album, solo recording, songwriter, song and entertainer of the year

It was a big night for Nova Scotia artists at the East Coast Music Awards in Charlottetown.

Old Man Luedecke of Chester, N.S., took home album of the year for *Tender is the Night* at the gala held at the P.E.I. Convention Centre Sunday evening. Earlier in the week, he won folk recording of the year for the same album.

Dave Gunning of Pictou, N.S., picked up solo recording of the year for *No More Pen-*

nies, and also captured the award for songwriter of the year for *These Hands*, which he co-wrote with country singer George Canyon.

Song of the year honours went to the P.E.I.-born, Halifax-raised Jenn Grant for her pop hit *I've Got Your Fire*, from her fourth album *The Beautiful Wild*.

Also receiving nods were Nova Scotia Celtic bands Mary Jane Lamond and Wendy MacIsaac for group recording of the year and the Barra MacNeils for entertainer of the year. Halifax's *The Town Heroes* won the fan choice video of the year for *New York City*.

The annual gala, which is in its 26th year, also featured tributes to Nova Scotia artists who have died.

Late rock guitarist Jay

Smith, who died last year while on tour in Edmonton, was honoured with a surprise tribute performance from Carmen Townsend, Carleton Stone, Steven MacDougall and members of his band *Rock Ranger*.

Smith, who played guitar in the band that backs Halifax rocker Matt Mays, was also given the musician's achievement award.

Cape Breton's Rita MacNeil, who died last year at age 68 from complications following surgery, was recognized with the directors' special achievement award.

A lifetime achievement award was given to P.E.I.'s Chaisson Trio, who have been playing traditional fiddle music for more than 30 years.

THE CANADIAN PRESS



Old Man Luedecke accepts his trophy at the East Coast Music Awards in Charlottetown on Sunday. Luedecke won album of the year and folk recording of the year with *Tender is the Night*. ANDREW VAUGHAN/THE CANADIAN PRESS

Bill ending nurses' strike could end up in court



Striking nurses protest outside the Halifax Infirmary on Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

Parallels are being drawn between Nova Scotia's passage of a bill Friday to end a nurses strike and a similar law in Saskatchewan that's the subject of a Supreme Court challenge.

Nova Scotia became the latest province to enact essential services legislation for health-care workers on Friday, joining other parts of the country that have longer experiences with this approach to collective bargaining.

The law in Nova Scotia requires unions and employers throughout the health-care sector to have an essential services agreement in place before a strike or lockout. If such a deal

can't be reached, an independent third party decides.

Experts say other provinces have had mixed results with their legislation.

Larry Haiven, a professor of management at Saint Mary's University, said laws like the one in Nova Scotia and Saskatchewan are drawing union anger because arbitrators will tend to "err on the side of caution" and set high levels of staffing.

High emergency staffing levels weaken bargaining power, he said, and health workers' grievances build to the point where there's a risk of illegal walkouts or mass resignations.

Quoted

"They have changed the face of labour relations in this province."

NSGEU President Joan Jessome

"The union members get very cynical about the whole thing and they begin to engage in civil disobedience," said Haiven, who has written a series of papers on the topic over the past decade.

Saskatchewan's legislation is being challenged at the Supreme Court of Canada next month, with unions arguing

it violates charter rights of association and freedom of expression.

The Nova Scotia Government and General Employees union is looking at its own legal challenge of the bill passed Friday, which shut down a strike by 2,400 nurses in Halifax but applies to as many as 40,000 workers ranging from paramedics to people who work in homes for seniors, youth and people with disabilities.

Union president Joan Jessome said she'll meet with nurses next week to discuss tactics, including a constitutional challenge of the bill.

THE CANADIAN PRESS



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Woman pushing stroller hit by car in crosswalk

Halifax police are investigating another pedestrian collision in HRM after a 65-year-old woman pushing a stroller was hit crossing the road.

At 11:45 a.m. Friday, police say the woman was pushing a two-year-old boy in the stroller along Herring Cove Road and then crossed Aldergrove Drive in an unmarked crosswalk when both she and the stroller were hit.

The vehicle was turning right from Aldergrove Drive onto Herring Cove Road. Police say the driver stopped after the collision but did not get out and continued travelling on Herring Cove.

According to a release, the woman suffered minor injuries and later reported the incident to police. The child was not injured.

The car is described as a

Seeking info

Anyone with information about this incident is asked to contact police at 490-5016 or Crime Stoppers.

light burgundy sedan, driven by an elderly man with an elderly female passenger.

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Searchers race to verify ocean signals

Flight 370. Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying sophisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.

The two black boxes contain

flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions about whether any of the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the Chinese ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian air chief marshal Angus Houston, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more

Too soon to say

"This is an important and encouraging lead, but one which I urge you to treat carefully."

Retired Australian air chief marshal
Angus Houston, search co-ordinator

easily found, but the batteries last for only about a month.

Up to 12 military and civilian planes and 13 ships took part in the search Sunday of three areas totalling about 216,000 square kilometres. The areas are about 2,000 kilometres northwest of the Australian coastal city of Perth.

Houston said there had been a correction to satellite data that investigators have been using to calculate the plane's flight path. As a result, starting on Monday, the southern section of the current search zone will be given higher priority than the northern part. The signals detected by the Chinese ship were in the southern section, he said. **THE ASSOCIATED PRESS**



A U.S. navy plane P-8 Poseidon takes off from Perth Airport to rejoin the search operation for the missing Malaysia Airlines Flight MH370 in Perth, Australia, Sunday. ROB GRIFFITH/THE ASSOCIATED PRESS

U.S. Navy rescues sick baby girl from crippled sailboat



Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3.

THE ASSOCIATED PRESS

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman, leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around

the world when Lyra developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air National Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water.

Charlotte Kaufman's sister, Sariah Kay English, said the couple was always careful.

Eric Kaufman is a Coast Guard-licensed captain who introduced sailing to Charlotte Kaufman during one of their early dates.

"They were not going into this blind. I knew they were

doing this wisely," English said. **THE ASSOCIATED PRESS**

Cleared to travel

It was not immediately known what illness the girl may have had.

- Before the family left for the trip, Lyra had salmonella poisoning, but doctors cleared her to travel after she was healthy again, said Charlotte Kaufman's sister, Sariah Kay English.

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Rwanda's pain remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukarurinda and Emmanuel Ndayisaba are friends. She is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near each other and shop at the same market.

Their story of ethnic violence, extreme guilt and, to some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human rights

Ethnic tensions remain

"Hutus would wake up in the morning and go hunting for Tutsis to kill."

Alice Mukarurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two decades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emmanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days



Emmanuel Ndayisaba wielded a machete that took Alice Mukarurinda's baby and her right hand. THE ASSOCIATED PRESS

of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

Rwanda is the most

densely populated country in mainland Africa, slightly smaller than the U.S. state of Maryland but with a population of more than 12 million. The countryside is lush green, filled with uncountable numbers of banana trees.

The Hutu-Tutsi divide may be the country's most notorious characteristic but also its

most confounding.

In the months after the genocide, guilt gnawed away at Emmanuel. He saw his victims during nightmares. In 1996, he turned himself in and confessed. His prison term lasted from 1997 until 2003 when Hutus who admitted their guilt were pardoned.

THE ASSOCIATED PRESS

That the world may learn

Silent march through Ottawa

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die.

The 10-year-old moved from house to house, two to three times a week, in what would ultimately become a successful attempt to stay one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali.

On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide. THE CANADIAN PRESS



Alain Ntwali
THE CANADIAN PRESS

UN's Ban Ki-moon visits Central African Republic

UN Secretary-General Ban Ki-moon vowed Saturday that the world would not forget Central African Republic, as he visited the country wracked by sectarian violence that has left thousands dead and forced most of the nation's Muslims to flee.

Ban's visit — his first since the bloodshed erupted in December — came just before he goes on to Rwanda to mark the 20th anniversary of the genocide there. The UN chief has been among the most vocal of world leaders in calling on countries to prevent a similar tragedy in Central African Republic.

"The international community failed the people of Rwanda 20 years ago. And we are at risk of not doing enough for the people of the CAR today," Ban told members of a transitional council tasked with preparing the country for elections by February 2015.

"Atrocity crimes are being committed in this country," he said.

"Ethno-religious cleansing is a reality. Most members of the Muslim minority have fled."



Ban Ki-moon, in cap, in Bangui on Saturday. THE ASSOCIATED PRESS

International aid groups have criticized the UN response to the crisis, though Ban himself has spoken forcefully about the need to protect civilians in Central African Republic, where at one point earlier this year Muslims were being killed by Christian mobs in the streets on a near-daily basis.

"There is a hole in the heart of Africa," Ban said Saturday. "Every day, I wake up thinking about your trials and troubles. Everywhere, I have called on leaders to

step up their efforts," he said. "Some say this is a forgotten crisis. I am here to help make sure the world does not forget."

Ban ventured well beyond the security of Bangui's airport, meeting interim President Catherine Samba-Panza and even visiting Muslims at one of the last remaining operational mosques in the capital. Forces from Chad have helped to evacuate tens of thousands of Muslims fleeing the violence.

THE ASSOCIATED PRESS

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Joel Plaskett

Photo Credit: Sean Dooley



Trial. Pistorius finally gets to tell his side of story

More than a year after he killed his girlfriend, Oscar Pistorius is expected to finally answer questions about why he shot Reeva Steenkamp through a toilet door when his murder trial resumes this week and his defence lawyers begin presenting the evidence they hope will save the Olympic athlete from going to prison for 25 years to life.

Pistorius's account that he killed Steenkamp by mistake is going to "stand or fall" with his testimony in court, says Marius du Toit, a criminal defence lawyer who is observing

the trial. Brian Webber, one of Pistorius's lawyers, said they had no choice but to put Pistorius on the stand. Legal experts say it's a risk Pistorius's defence has to take.

Even if he is acquitted of murder, Pistorius faces a negligent killing conviction that can carry a five-year prison sentence. His testimony must show that he acted reasonably when he shot four times from close range.

"His actions were definitely not reasonable and I think that's his biggest problem."

THE ASSOCIATED PRESS

Vatican

Pope spreads the Gospel, literally

Tens of thousands of faithful in St. Peter's Square have been treated to gifts from Pope Francis — pocket-sized copies of the Gospels that he hopes they'll read daily.

The Pope did ask for something in return: "In exchange ... perform an act



Rev. Konrad Krajewski, the Vatican Almoner, distributes booklets of the Gospel in St. Peter's Square Sunday. THE ASSOCIATED PRESS

of charity." He said such an act might be praying for an enemy. THE ASSOCIATED PRESS

Pro-Russia protesters seize buildings in Ukrainian cities



People clash with police at the regional administration building in Donetsk, Ukraine, on Sunday. ALEXANDER ERMOCHENKO/THE ASSOCIATED PRESS

Demonstrators attack.

Interior Minister Arsen Avakov says no heavy-handed measures would be adopted to deal with the unrest

Crowds of pro-Russian demonstrators stormed government buildings Sunday in several major cities in eastern Ukraine, where secessionist sentiment has sparked frequent protests since Ukraine's Russia-friendly president was ousted in February.

In Donetsk, 80 kilometres west of the Russian border, a large crowd, including many in masks carrying sticks and stones, surged into the provincial government building and smashed windows.

Several hundred waving Russian flags listened to speeches delivered from a balcony that had a banner reading "Donetsk Republic."

Journalist killed

The body of a reporter kidnapped Friday from his home city of Korsun-Shevchenkivskiy was found Sunday in a forest about 150 kilometres outside Kyiv.

- Vasily Sergiyenko, who played an active role in protests that led to president Viktor Yanukovich's ouster, was found with stab wounds and signs of beatings to his head and knees.

In Luhansk, hundreds of people surrounded the local headquarters of the security service and later scaled the facade to plant a Russian flag on the roof. Demonstrators pelted the building with eggs, stones, a smoke grenade and a firebomb.

Similar unrest was reported in Kharkiv, less than an hour's drive from the Russian border. THE ASSOCIATED PRESS

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How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.



Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.



Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

Canada: Come one,



Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.



Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens



MIKE DONACHIE
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavisa.com.

He's troubled by some of the proposed changes, espe-

cially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness

and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1
Change and effect

1

Day 2
What Canada wants
vs. what it gets

2

Day 3
Where we come from,
where we go

3

Day 4
Happy times,
hard times

4

come all?



Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

TORSTAR NEWS SERVICE FILE

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of

work, he said.

But one academic differs. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

TOLD IN FIVE PARTS

Day 5

The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British

Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American

that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

A brief history lesson in Canadian immigration

1902 The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.	1913 Nearly 800,000 people immigrate to Canada, most of them with British roots.	1914-18 Immigration slumps during the First World War.	1928 The opening of Pier 21, the Atlantic gateway to Canada.
1950s Canada receives about 1.5 million immigrants from Europe.	1962 New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.	1979-80 60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.	2002 The Immigration and Refugee Protection Act comes into force.

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.



Paula Garcia

Age: 23

Home country: Colombia

Her plan: To shape Canada's future as a teacher



Surya Acharya

Age: 23

Home country: Nepal

His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Another sale in aisle four. Low, low grocery store prices a good deal, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

The sheer size of the new

Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a \$5.8 billion deal.
- In March, Loblaw Co.'s \$12.4 billion purchase of Shoppers Drug Mart Corp. was approved, adding roughly 2,300 corporate, franchised and associate-owned stores and 1,800 pharmacies to its portfolio.

giants weakened the negotiating position of suppliers.

THE CANADIAN PRESS

Canadian CEO group

Largest firms say they pay fair share

Canada's largest firms want it known that they are indeed paying their fair share of taxes, even if governments

have slashed corporate rates to new lows.

The Canadian Council of Chief Executives issued survey results suggesting when all taxes are included, the companies paid on average 33.4 per cent of profits in taxes in 2012. THE CANADIAN PRESS

Are pot stocks a token, er, joke?



HOW
TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with investing pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions

(CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Cannabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges,



Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

such as the Toronto Stock Exchange or NASDAQ.

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the

developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

Nigeria's huge GDP knocks South Africa from top spot

Nigeria's recalculated economy is worth \$510 billion US, by far the biggest in Africa, officials announced Sunday as part of a long overdue recount that gives the West African nation continental bragging rights but does little for the 70 per cent of its citizens living in poverty.

The new estimate of Nigeria's GDP adds previously uncounted industries like telecommunications, information technology, music, airlines, burgeoning online retail outlets and Nollywood film production that didn't exist when the last GDP count was made in 1990. Then, there were 300,000 landlines. Today, Nigeria has 100 million cellphone users.

With one fell swoop, Nigeria knocked out of the ring South Africa, whose GDP of \$353 billion US was previously counted the biggest on the continent, winning it a place as the only African member of the G20.

Figures announced by Nigeria's statistician general, Yemi Kale, nearly doubled previous estimates of the economy — from 42.3 trillion naira in 2012 to 80.3 trillion naira for 2013. He said that equated to \$509.97 billion US, using an official exchange rate of 157.48



A woman shops for Nollywood DVD's in Nigeria. Nollywood film production has helped boost Nigeria's GDP. SUNDAY ALAMBIA/THE ASSOCIATED PRESS FILE

naira to \$1 US. But the naira has been trading more realistically at about 168 naira to the dollar for months, giving a figure of \$477.98 billion US.

Finance Minister Ngozi Ikonjo-Iweala told a news conference Sunday that the recalculation makes Nigeria the 26th largest economy in the world and raises its per capita income to \$2,688 US, making it No. 121 in the world, up from No. 135.

That is still feeble compared to South Africa's \$7,336 US for its population of 48 million. South Africa, bedeviled by mining strikes, violent protests

Population

177M

At 177 million, Nigeria's population is by far the largest in Africa and eighth largest in the world, according to the CIA's World Factbook.

over services and a lacklustre performance that has kept annual growth at around 3.5 per cent, still has infrastructure unrivalled on the continent, most notably a power sector that generates 10 times more electricity than Nigeria.

THE ASSOCIATED PRESS

TOP 25 CANADIAN IMMIGRANT AWARDS

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Michelle Jaco
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Ian Horvath
2010 Winner

Zuhra Wasse
2011 Winner

Bing Thom
2012 Winner

Aleksandra Kostelka
2013 Winner

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STRIKE IS OVER, ISSUE ISN'T

The battle is over. It ended shortly after 7 a.m. Friday when a marathon legislature session culminated with passage of the reassuringly entitled Essential Health and Community Services Act, forcing 2,400 Capital Health District nurses back to their stations.

With its passage, the larger war for the future of labour relations in this province was joined.

The new law blanket-covers close to 40,000 health and community services workers, including nurse-members of both the NSGEU and the NSNU, other hospital employees, those who work in homes for seniors, youth and people with disabilities, paramedics, even 911 operators.

The legislation requires employers and unions to agree on what services are essential before any job action begins. Unions or employers face fines of \$100,000 for the first day's violation, \$10,000 for subsequent days. Individuals could be



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

penalized \$1,000 on day one and \$200 each day after.

While Liberal Premier Stephen McNeil claims his legislation strikes the right balance between safeguarding patient services and preserving the employees right to strike, Satan, as always, lurks in the details.

Which services are essential? Based on similar laws in other jurisdictions, Capital Health CEO Chris Power estimates 70 to 80 per cent of Capital Health nurses will be deemed so essential they can't strike. Without a realistic option to withdraw their services, what leverage will nurses have?

Perhaps there is a legitimate argument: health care workers — like police and fire services providers — are too vital to allow to strike. The former NDP government certainly thought so when it passed emergency legislation back in 2013 to prevent a strike by paramedics. The key difference was that legislation provided

Quoted

The employer — ultimately the government — holds all the cards. Perhaps that's the government's real goal.

for binding final-offer arbitration to determine an eventual contract.

That's the flaw in the Liberal law: there's no mechanism to achieve a collective agreement. The employer — ultimately the government — holds all the cards. Perhaps that's the government's real goal.

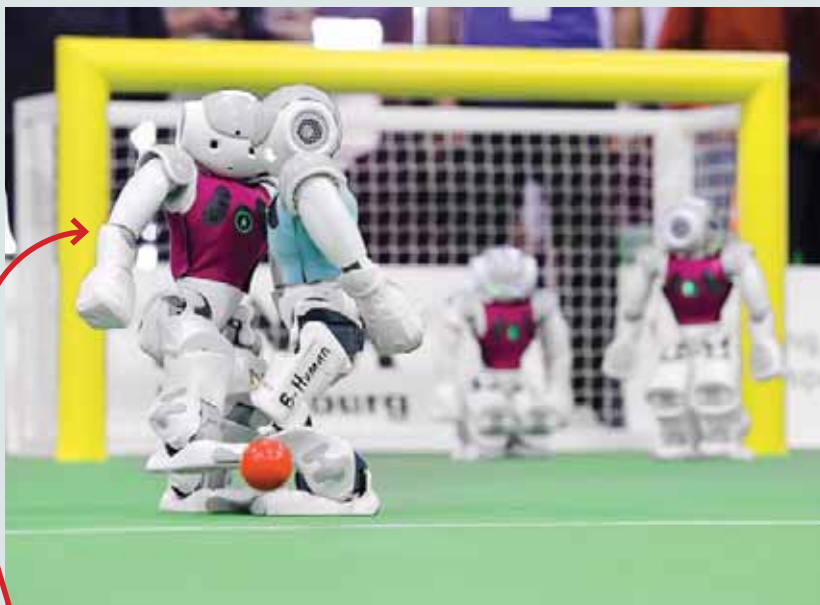
But even if the law offered a reasonable route to a contract, there is a still larger issue this legislation doesn't even mention.

Nurses voted, protested, even briefly wildcat-struck, not for higher wages but for what they see as "patient safety."

When — and how — do we have that discussion?

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLIETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12



Participants check out robots at the 2014 RoboCup. GETTY IMAGES

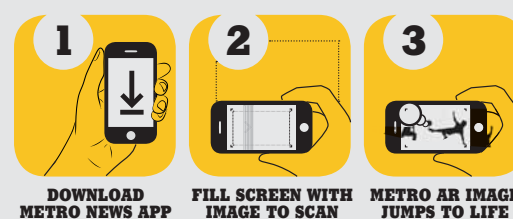
countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

What about World Cup?

- Dystopian future. The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- Not all fun and games. The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 12-13 in News, page 16 in Scene, and page 22 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

One Vine account worth watching



ANDREW FIFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



ISTOCKIMAGE



SCENE 2

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The Massey Lectures

By. House of Anansi Press

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This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Director reflects on his horror hang-ups

Mirror, mirror.

The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER
scene@metronews.ca

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like The Boogeyman and Mirrors have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, Oculus.

Oculus is the followup to director Flanagan's unnerving low budget horror hit Absentia. And like that meticulously designed, grim fable, Oculus uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the director's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles. "My childhood was



Oculus opens on Friday. CONTRIBUTED

very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?!'

"Maybe watching and making movies are a playground to exorcise any demons that might be there. Movies keep me happy, I guess."

There's nothing happy about Oculus, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portals and

relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that Oculus was based on in 2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it."

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider."

Quoted

"Maybe watching and making movies are a playground to exorcise any demons that might be there."

Mike Flanagan on making horror films

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."



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James Franco ALL PHOTOS GETTY IMAGES

Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because

I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.

Heard the rumour? Depp crushes fantasies, claims he's no savage

Johnny Depp isn't taking rumours that fiancée Amber Heard might be knocked up lying down. Reports surfaced recently suggesting that the couple's sudden decision to marry was motivated by a baby on

the way, but Depp himself seemed shocked by the idea when the "Today" show's Savannah Guthrie asked him about the rumour. "Good God, what do you think I am, a savage?" Depp responded. "No, it's not a shotgun affair."



Johnny Depp

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Juan too many? Drinks tossed at ex-Bachelor



STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of *How I Met Your Mother* lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

This week in abject disappointment: 1) A



woman spent some \$25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for *Playboy*. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale, isn't it?



Ariana Grande

Grande denies Sam & Cat fight over salaries with co-star McCurdy

Are Ariana Grande and Jennette McCurdy feuding? The writing is sort of on the wall: Despite being the most popular series on Nickelodeon, their show *Sam & Cat* has yet to receive a second season pickup, so something must be going on behind the scenes. The two young actresses, who both started out as second bananas on other Nick sitcoms, are at very different places in

their careers now: Grande is a rising pop star who's being positioned as the new pre-twerk Miley Cyrus, while McCurdy is, well, on *Sam & Cat*. Rumour has it that McCurdy is angry that Grande has a much higher salary than she does. Grande, however, has taken Twitter to deny that she and McCurdy are feuding over money — in fact, she says they make the same amount.

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GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a \$20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!



Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. iSTOCK

Found your new bank? Follow these five steps to make the switch as painless as possible

1 Open the new account and get all the information you'll need like the account number, your branch number, and the like. If you're using cheques, order some.

2 List your auto-transactions. What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.

3 Reconcile your account.

You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.

4 First switch over all deposits and then switch over the withdrawals. That way there will be money in the new account when withdrawals start.

5 Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals. Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more

than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

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When cash is part of the curriculum

The Work Colleges.

Institutions across the United States are tackling student debt woes by making working during school a requirement

Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know, dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew



What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed? ISTOCK

this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than \$1 trillion, "earning while learning" is becoming more appealing for some students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy

What does labour do for learners?

- The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions. Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

students. But at the seven so-called

Work Colleges — Sterling College, Alice Lloyd College

in Pippa Passes, Ky., Berea College in Berea, Ky., Blackburn College in Carlinville, Ill., College of the Ozarks in Lookout, Mo., Ecclesia College in Springdale, Ark., and Warren Wilson College in Asheville, N.C., — work is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

We're all in this together

"No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job."

Robin Taffler
Executive director of the Work Colleges Consortium

"It's a core component of the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from those that must work to cover their educational costs. And that's a big deal. No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at \$11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year.

"It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

THE ASSOCIATED PRESS

'Round the world wisdom

Starting with the man in the mirror

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Have you ever heard yourself

whine or complain? We are all relatively intolerant of people who indulge in this behaviour, but how frequently do we look in the mirror and apply the same intolerance to ourselves? During my preparation for the Gobi, I set up a "war room" and used a whiteboard to deconstruct all the components of my training regime, including a section to focus on my mental preparation and toughen up mentally. What showed up instead were all the grievances that were appearing as I trained. During the prep, more than one hundred complaints surfaced. I wrote them down for my family and me to see.

Over time, the intended outcome materialized: The more I looked at the board, the more I got sick and tired

of reading about a grown man complaining. As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself. And then, the complaining just ... ceased. If it reared its ugly head, I laughed, dismissed it and moved on rather than giving it any importance — or worse, giving it a life force that could derail me.

The key to overcoming obstacles lies in our ability to bounce back, hopefully bounce forward, and to lessen the frequency with which our very own unproductive "voice" comes calling. And few things are more powerful than looking in the mirror to deaden the voice.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Salmon with Pesto and Cream Cheese: Start the week on a light dinner note



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If you want a new twist on serving your salmon, you've got it right here!

Serve up a tasty pesto cream cheese filling placed into a fillet of salmon. It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil



**TOTAL TIME
ABOUT 17
MINUTES**

This recipe serves six. ROSE REISMAN

FLASH FOOD



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30 minutes or less

let over high heat, add the nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like to always use the method of measuring the salmon at the

thickest part. For every one inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save

the remainder for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep.

Stuff each fillet by dividing the pesto filling between the 6 fillets.

4. Place on prepared baking sheet and bake for 10 min-

utes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving (salmon with one tablespoon of pesto)

• Calories. 282

• Carbohydrates. 16. g

• Fibre. 0.4 g

• Protein. 28 g

• Total fat. 16.9 g

• Saturated fat. 3.7 g

• Cholesterol. 79 mg

• Sodium. 130 mg

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Moose take momentum into enemy territory

QMJHL. Herd trying to stay grounded after taking a 2-0 lead vs. Olympiques in quarters

GEORDON OMAND
halifax@metronews.ca

Coming off two solid wins on home ice, the Halifax Mooseheads head to Gatineau in the driver's seat for Game 3 of their best-of-seven quarter-final series against the Olympiques on Tuesday.

But facing off against the eighth-seeded squad on their territory means a Moose victory won't come without a fight.

"It's overwhelming if you don't know how it is," said Mooseheads defenceman Austyn Hardie about playing on Quebec ice.

With less than half the capacity of the Halifax Metro Centre, the Olympiques' home arena — able to host fewer than 5,000 fans — promises a different kind of playing experience.

"The ice just feels smaller. All the fans are right over you... They're in your face. They're climbing over the boards to tell you stuff. It's just how it is down there," added the 20-year-old, third-season veteran.

It's a situation that could take a toll on the Halifax team.

"We've got a lot of new guys who don't know the rink very well," said Hardie. "(But) you've just got to zone out and play your game."

For their part, the Olym-



The Mooseheads' Danny Moynihan, front, and his teammate Luca Ciampini celebrate a goal vs. the Olympiques at the Metro Centre on Saturday. JEFF HARPER/METRO

piques are hoping a swap of scenery will mean a change in fortunes and an end to their two-game losing streak.

"Everyone wants to play at home — it's a little bit easier for us, to play in front of our fans," said Martin Reway, who scored the short-lived tie-up tally for the Olympiques in the first frame of Game 2.

"(But) it's still going to be the same game and we've got

Game time

The puck drops in Gatineau for Game 3 of the quarter-finals at 8:30 p.m. on Tuesday.

to work hard 60 minutes."

Friday's hard-fought 4-1 win for the Moose gave way to Saturday's 6-2 blowout, putting the Herd ahead with a 2-0 series lead.

ies lead.

Gatineau played much of Game 2 Saturday on their heels, which the Herd's special teams took full advantage of, capitalizing on four of their eight power-play chances. Three second-period goals all but sealed the deal.

Preparing for Tuesday's matchup, rookie Nikolaj Ehlers said the Herd plans to stay the course and keep the momen-

tum going.

"Everybody knows it's going to be two tough games up there," said Ehlers, whose six points in the past two games — two goals and four helpers — have him ranked second place in playoff points, behind teammate and leading scorer Jonathan Drouin.

"We've just got to go with it... It worked out pretty good the past two games."

4 SPORTS



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Sabathia continues to crack Blue Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber-match win

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign."

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just



Brian Roberts of the New York Yankees gets the force out at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

3 1/3 innings. He struck out six but walked three and hit a batsman with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE ASSOCIATED PRESS

Leaving his mark

Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.

- It was the 3,320th hit of Jeter's career, moving him

past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.

- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.
- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

Premier League. Gerrard lifts Liverpool back to top of EPL as Arsenal falls

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine matches and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was dealt another blow by a top-five team in a 3-0 thrashing by Everton.

For once, the free-scoring Reds had to battle hard to claim a hard-fought victory ahead of their much-anticipated clash against Manchester City in a meeting between the two main title contenders.

"It is going to be a magnificent atmosphere at Anfield," Liverpool manager Brendan Rodgers said. "The supporters really urged us on today and we want to see if we can get 10 in a row."

With five games remaining, Liverpool leads Chelsea by two points as it pursues its first league title since 1990. Manchester City is four points off the pace but has two games in hand.

Earlier, Everton made Arsen-



Liverpool's Steven Gerrard
GETTY IMAGES

al pay for their poor defending with strikes from Steven Naismith and Romelu Lukaku as well as an own goal from Mikel Arteta.

"You could say there was a lack of fight," Arsenal manager Arsene Wenger said. "It's a massive worry. We have to come back with much more personality and much stronger challenges." THE ASSOCIATED PRESS

Hockey

McD's heading to Moose Jaw

The Halifax McDonald's edged the Saint John Vito's of New Brunswick 5-4 to capture the 2014 Atlantic Major Midget Hockey Championship on Sunday.

Luc Poirier's third-period goal stood up as the winner. Johnny Jones netted a hat trick in the Halifax win.

Halifax advance to the 2014 Telus Cup national title from April 21-27 in Moose Jaw, Sask. CAPE BRETON POST

Curling

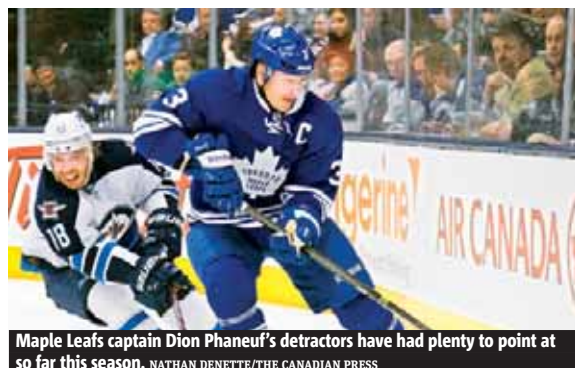
Canucks fall to Swiss at worlds

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

THE CANADIAN PRESS

Perception far from reality for Leafs' top players



Maple Leafs captain Dion Phaneuf's detractors have had plenty to point at so far this season. NATHAN DENETTE/THE CANADIAN PRESS

Chatting about luck and getting bounces the other day, Morgan Rielly was asked about the hockey gods.

"I don't think he's a Leafs fan," said the rookie D-man.

There was laughter because, at the time, there was hope for the Maple Leafs. This was prior to the team's listless 4-2 loss to the Winnipeg Jets on Saturday.

Had the Leafs won, they would have spent Sunday not only on a plane in an upbeat mood, but also in a playoff spot — pending the outcome of Sunday's match between Colum-

bus and the Islanders. As it was, they fell to 10th.

The hockey gods must be Leafs fans. Because, if hockey is a religion, then what is a religion without suffering? And who, in hockey, suffers more than Leafs fans?

They most recently suffered through the Muskoka Five, a group of veterans led by their captain who believed the team was better than it was.

Now they suffer through the Confounding Four, a group of players supposedly reaching their prime, but certainly not

reaching their potential. Led by captain Dion Phaneuf, they too believe the team is better than its record indicates.

Phaneuf has had a legion of detractors since he arrived in Toronto. He shut some of them up in 2013, when the Leafs made the playoffs for the first time since 2004. For the past 20 games, he's seemed utterly lost.

Then take the scoring leader, Phil Kessel, who on Saturday emerged from the locker-room to talk about the situation. To his credit, he came out. To his detractors, he didn't say any-

thing. It's kind of like the way he backchecks: He's there, but he's just not very effective at it.

Then there's Nazem Kadri, who sometimes makes you wonder and sometimes just blunders. He scored his 20th, and fist-pumped like it was the greatest goal he ever scored.

And where have you gone, David Clarkson? He was supposed to be a veteran leader. Now Carlyle barely trusts him. Whatever smarts Clarkson picked up in New Jersey stayed in New Jersey.

TORSTAR NEWS SERVICE

Horoscopes

Aries

March 21 - April 20

You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

Taurus

April 21 - May 21

Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

Gemini

May 22 - June 21

Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

Cancer

June 22 - July 23

Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

Leo

July 24 - Aug. 23

Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

Virgo

Aug. 24 - Sept. 23

Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lesson.

Libra

Sept. 24 - Oct. 23

Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

Scorpio

Oct. 24 - Nov. 22

You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

Sagittarius

Nov. 23 - Dec. 21

Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

Capricorn

Dec. 22 - Jan. 20

Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

Aquarius

Jan. 21 - Feb. 19

You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

Pisces

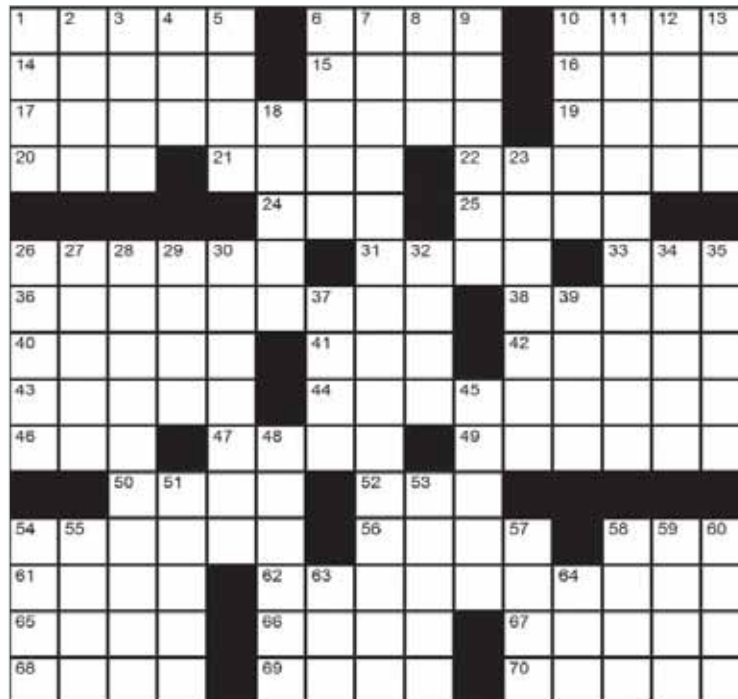
Feb. 20 - March 20

Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- City in Quebec
- ___ is me :(
- "Dial ___ Murder" (1954)
- Valley in Ontario depicted by The Group of Seven
- "Go! Go! ...and Go!"
- Singer Mr. Blacc
- NFLD.: Peridotite rocks in Gros Morne National Park
- Bereft, in poetry
- I am. You ___
- Ancient harp
- Savvy
- Purring pet
- 2014
- Materialize
- Legal gig, __. DA
- Caesar's 2050
- Canadian actress/comedian born in St. John's, Newfoundland: 2 wds.
- English actress Anna
- "If ___ a Carpenter"
- Ms. Hagen
- Cartoon kid on "The Cleveland Show"
- Sporty events
- BC city
- Pou ___ (Vantage point)
- Undecided
- Rented
- Alaskan city
- Volkswagen car, Jetta ___
- Metric measures



- Labels
- Shania Twain's "Any ___ of Mine"
- Shape sort
- Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
- Kind
- Mr. Ferrigno's
- Purposes

- Catches
- French 101 verb
- The ___: "What's Fair Is Fair" band from Nova Scotia
- Down
- Spying's Hari
- Culture medium
- Mr. Kaplan
- Graduation bird
- Highlander

- Scarlett's surname
- Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: ___ ___
- Library ref.
- Written works
- Mediterranean island
- They were owned by Canadian family

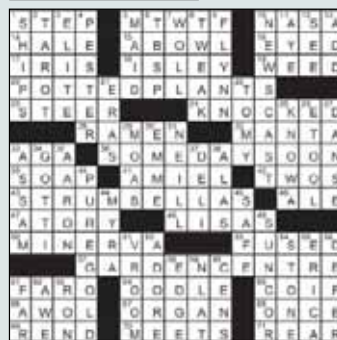
- The Ogilvies: 2 wds.
- Certain cloud
- Quebec singer Mr. Simard
- Fitness fabric
- Unconstrict: 2 wds.
- Types of rulers [var. sp.]
- Be a kitten. See a toy. Do this: ___ it.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Time in The New World before the Europeans
- Jane ___ (Famous book)
- Fantastic
- Hoax
- Type of disturbance
- Andrew Webber link (Musicals composer)
- Dylan's portrayal on "Beverly Hills, 90210"
- Uncommon, in Latin
- HMS Bounty: Captain ___
- Mortar and ___ (Kitchen duo)
- Heraldic wreaths
- Expire
- Shelley of "Cheers"
- Jazz vocalist Ms. Anderson
- Procedure, for short
- Mr. Holmes, Canadian contractor
- "___ Good Men" (1992)
- Headland
- Deteriorate
- WWI part

Friday's Crossword

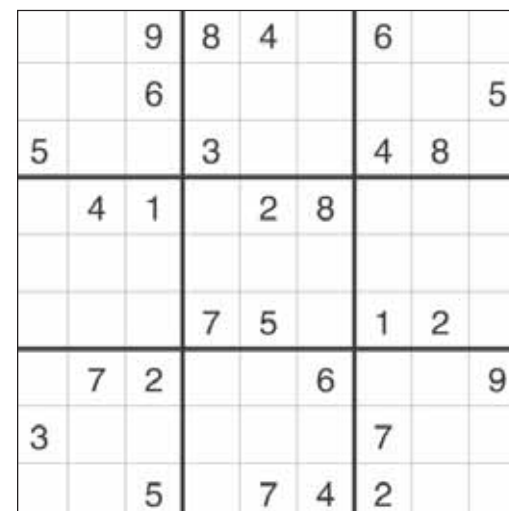


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



Tuesday



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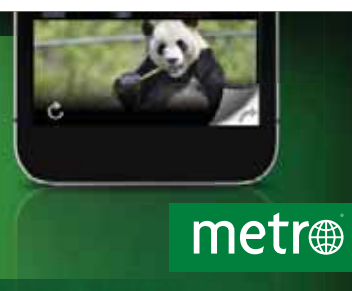
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